



3 - CARAT



8 - Jammed up!!

CFAS, local community enjoy Bon Odori Festival

JOSN Jeff Johnstone
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Sailors, their families and the local community came together Friday, July 22, to celebrate the sixth annual Bon Odori, or Obon festival at Nimitz Park.

The three-hour festival was organized by the Japan Maritime Self Defense Force (JMSDF) in an effort to promote friendship between the JMSDF and the U.S. Navy. The festival featured something for everybody, including dancing, games, a variety of tents, lots of food and even hamburger and

watermelon eating contests.

Obon, or the "Festival of the Dead," is special, because it marks one of the few times a year the extended family has a chance to come together.

Capt. Tilghman D. Payne, CFAS commanding officer (CO), was on hand to help kick off the festival.

"Its events such as this, as well as our Independence Day celebration (July 3) that bring our communities together," Payne said during a speech at the beginning of the event. "Since arriving (to CFAS) in April, I've heard the Bon Odori Festival is one of the most enjoyable events to attend. Judging by this festive atmosphere, I would have to agree," said Payne.

The Obon festival provided guests with an opportunity to participate in four different Bon Dances. CFAS Sailors and their families took full advantage, joining their neighbors in dance and celebration.

"This is fantastic, very family oriented," said Lt. Cmdr. Mike Little, acting CFAS Chief Staff Officer (CSO). The weather held out and there were some cool breezes. It was also great to see the CO dance," joked Little.

"I was here last year and am enjoying myself



Entertainers perform on stage at the sixth annual Bon Odori festival at Nimitz Park. The festival provided guests with fun, food and lots of dancing. (U.S. Navy Photo by JOSN Jeff Johnstone)

just as much this year," said Etsuko Ennis, a guest at the event. "I really like the music and the food," she added.

"This is my first Bon Dance," said Senior Chief Culinary Specialist (SW) Guy Gaugui. "I'm enjoying the culture, festivities and the friendship."

Master Chief Master-at-Arms Robert Ford echoed those sentiments.

"This is a wonderful time," said Ford. "I'm enjoying the dancing and just trying to keep up. It's neat trying to adapt to a different culture."

Midway through the event, both

Japanese and Americans paid their respects to each nation's flag during the retirement of the colors.

In addition to the Bon Dances, festival-goers enjoyed a Bamboo Dance, and the chance to dance the Macarena on the main stage with their Japanese hosts.

The festival provided guests with an array of fun activities, delicious food and an opportunity to celebrate and bond with their Japanese hosts.



Japanese and Americans alike participated in dances at the Bon Odori festival. Here, festival-goers perform a Bamboo Dance. (U.S. Navy Photo by JOSN Jeff Johnstone)

Brief Notes

National Kids Day, 2005

Saturday, Aug. 6 from Noon - 6 p.m. at Hario ball field. Fun for the whole family! Kids Day features arts and crafts, family games, lucky drawings and much more! For more information, call 252-8866 or 252-3797.

Command Connection

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. This is a live, phone-in show giving you the chance to direct your questions/concerns to CFAS leadership!

USO Notes

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

DUI Counter:
32 days as of July 28

Mullen relieves Clark as Chief of Naval Operations

JO1(SW) Hendrick L. Dickson
Navy News Service

Adm. Michael G. Mullen relieved Adm. Vern Clark as Chief of Naval Operations (CNO) during a Change of Command and Retirement Ceremony in Alumni Hall at the U.S. Naval Academy in Annapolis, Md., July 22.

Secretary of Defense Donald Rumsfeld, Secretary of the Navy Gordon England and military and Navy leaders from around the world witnessed Mullen officially assuming duties as the U.S. Navy's senior Sailor and Clark completing 37 years of Navy service.

Mullen, a native of Los Angeles, becomes the 28th Chief of Naval Operations. He graduated from the U.S. Naval Academy in 1968.

Mullen said that during his Navy tour he has learned a lot of lessons from the fleet, with the Sailors. It is with those lessons in mind that he plans to lead the Navy into the future.

"It is out there, in the fleet, at sea with Sailors that I fell in love with the Navy," said Mullen in his first speech as CNO. "It was there I learned the most valuable lessons of life and leadership. There I



Adm. Vern Clark salutes Secretary of the Navy Gordon England as he transfers to the Fleet Reserve. Adm. Mike Mullen relieved Adm. Vern Clark as Chief of Naval Operations (CNO) during a late-morning ceremony at the U.S. Naval Academy. (U.S. Navy photo by JO1 Brandan W. Schulze)

learned that with every great opportunity comes an even greater obligation to listen, to learn and to lead."

"Listen, learn and lead! Those will be

my watchwords these next four years, a challenge to myself and to all of you. Given the world around us, the threats we face, we have no choice."

Mullen praised his predecessor for leading the Navy over the last five years and positioning the fleet to succeed. He expressed to his Sailors that it is up to them to continue to build on those successes.

"Adm. Clark put us in a position of enormous strength," said Mullen. "He took this Navy to a point - reformed us to a point - where we can now make decisions we simply couldn't make before."

"What we do with that strength, the kind of Navy we build and put to sea in the future, is entirely up to us. The tiller is in our hands," Mullen emphasized.

Clark first assumed duties as CNO in July 2000. During his tour, Clark led the Navy and its Sailors through a

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Pacific Fleet Master Chief welcomes new chiefs

FLTCM (SS/SW) R.D. West
Pacific Fleet Master Chief

Hopefully by the time you read this article, the list for the new Chief Petty Officers will be published and you can join me in welcoming those selected. Our Navy is the only service that selects and transitions from the rank of Petty Officer to a Chief Petty Officer. But as much as the Navy's CPO Mess enjoys its unique distinction, it must also bear tremendous responsibility not only to the Navy and its Sailors, but to itself as well. Part of that responsibility is to ensure we do everything we can to guarantee a meaningful and proper transition. As Chief Petty Officers we all must be involved at every level of this transformation; we all must be willing to stand together as a CPO Mess and make sure that our new chief petty officers understand our traditions, our responsibilities, and most importantly, what it means to be a Chief.

Master Chief Petty Officer of the Navy (MCPON) Terry Scott made a great point

in his 2005 guidance when he said, "Our CPO season must continue to instill pride, a renewed sense of dedication and the knowledge necessary for the right start in the Mess. While at the same time recognizing that it is just a beginning

... we have a responsibility to properly shape the perceptions and expectations of our new Chief Petty Officers to allow them to hit the deckplates running. Our Navywide Mess is much better today for having focused on the true competencies of our Chiefs and how they have contributed to every meaningful success."

As a Chief Petty Officer you should be very familiar with MCPON's guidance for transition. It not only outlines MCPON's expectations, but it also reminds us of some very important points.

Part of the season includes all Chiefs re-dedicating themselves to our purpose, and all Chief Selectees need to hear the same message from Chiefs when it comes to a Chief's duties and

responsibilities.

So with that in mind, let's review:

Our core competencies directly state that Chief Petty Officers are responsible for, have the authority to accomplish, and are held accountable for:

- Leading Sailors and applying their skills to tasks that enable mission accomplishment for the U.S. Navy.
- Developing enlisted and junior officer Sailors.
- Communicating the core values, standards and information of our Navy that empower Sailors to be successful in all they attempt.
- Supporting with loyalty the endeavors of the chain of command they serve and their fellow Chief Petty Officers with whom they serve.

That is what we strive to teach our new Chiefs. And it's what we all need to rededicate ourselves to.

The success or failure of the season will ride squarely on the shoulders of the Chiefs' Mess and more specifically, the

command master chiefs and other senior mess members. So it is vital that we, leaders of the Chiefs' Mess be constantly and actively involved.

We have to make sure that our new Chiefs are being properly trained as the new leaders of our Navy. They must understand our core competencies, our heritage, our traditions and the importance of their leadership role.

Let's talk about that for a second - a leadership role. These new Chiefs are going to be leading our Navy well into the new century. We are already going through many changes, with many more on the horizon, deckplate leadership has never been more important.

It will be up to them to safely guide and train our junior enlisted - and teach the junior officers to become a better officer - and help them become leaders themselves. What we teach each season of new Chiefs dictates the future of our Navy. So we are leaving a legacy that will help determine that future.

Now armed with a clear and unified purpose and message, I ask you all to join me in welcoming our new brothers and sisters as they transition to the Navy CPO Mess. With the Mess' guidance and combined experiences, they will be more than ready to pin those anchors on in September and join the ranks of the U.S. Navy Chiefs.

HOO YA!



FLTCM (SS/SW) R.D. West
Pacific Fleet Master Chief

Olmsted Scholarship Program applicants needed

Naval Education and Training Command Public Affairs

The Naval Education and Training Command (NETC) is now accepting applications from regular or Reserve commissioned line officers for the fiscal year 2007 Olmsted Scholarship Program through Sept. 16.

The Olmsted Scholarship Program is requesting applications from eligible career-minded and highly qualified officers with at least three years of active-duty service, but no more than 11 years as of April 1.

"For the past 45 years, our programs have educated young officers in foreign languages and foreign cultures, which is becoming more and more important in today's world," said Rear Adm. Larry Marsh (Ret.), president and chief executive officer of the Olmsted Foundation.

The scholarship program educates career military line officers who display extraordinary potential for becoming future military leaders. The program is open to all branches of the U.S. military.

Selected officers serve as full-time students in a two-year graduate internship at a foreign university. Students normally study in a language other than English, and interact with the culture of their host country. The students are expected to live on the local economy, travel widely and be affiliated with U.S. embassies or consulates for administrative purposes only.

Nominated personnel are required to meet a list of qualifications and prerequisites, and complete and submit a command-endorsed nomination package. Nomination packages are forwarded to the Naval Education and Training Professional Development and Technology Center (NETPDTC) in Pensacola. In October, the applications are reviewed and a final, Navy-sponsored list of nominees is selected.

The Navy nominations are then submitted to the Olmsted Foundation Board of Directors, along with nomination packages from the other services. During a comprehensive interview at the foundation's expense at their Falls Church, Va., office, foundation staff explore the candidate's motivation to be a scholar, choice of foreign university, proposed course of study, language aptitude and career goals. Taking all this data into account, the interview panel makes its recommendations to the Board of Directors for final decisions on the candidates at their meeting in late March 2006.

Recipients can expect to begin language training in the fall of 2006 at the Defense Language Institute or a comparable course of instruction, with foreign university studies beginning in 2007.

Preferred courses of study include social and political sciences, history and international relations. Other non-technical or non-science choices made by the scholar may be authorized.

With the selection of the 47th Olmsted Scholar Class March 30, 418 scholars have completed, are completing, or are preparing for two years of study abroad. Their studies to date have been in 35 languages in 153 different foreign universities, spanning 50 countries worldwide.

Specific guidelines for applying for the Olmsted Scholarship Program can be found in NAVADMIN 150/05 or at the Olmsted Foundation Web site at <www.olmstedfoundation.org/>.

For related news, visit the Naval Education and Training Command on the web at <www.news.navy.mil/local/cnet>.

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For more information on FFSC's financial classes and services, call 252-3604/3121.

The Financial Center

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Sponsor Assignment Aid Tool connects Sailors, gaining commands

JO2 Amie Hunt
JO1 Teresa J. Frith
Navy Personnel Command Communications

Navy Personnel Command has developed a Sponsor Assignment Aid (SAA) tool to help Sailors get answers to their questions before they arrive at their new command.

The SAA is a Web tool that allows Sailors to communicate with their gaining command to request a sponsor be assigned to assist them with their upcoming transfer to a new duty station.

“There is nothing quite as intimidating to a young Sailor and their family than relocating across the country, and not knowing anyone or anything about the area,” said StayNavy Program Manager Lt. Dominic Formica. “The SAA helps ease that anxiety by quickly and easily connecting a transferring Sailor to a ‘seasoned vet’ in the area where they’ll be stationed.”

After a service member successfully submits a sponsor request, a notice is sent to the e-mail address on file for the gaining command. The SAA application tracks whether or not the gaining

command coordinator has read the sponsor request. A ‘read’ status indicates that the coordinator clicked on the Web link included in the e-mail notification and accessed the sponsor request through the Sponsor Request Retrieval tool.

The command has seven calendar days to read it, and 14 calendar days to process it. If a Sailor does not hear from his sponsor within that time frame, he or she can use the Sponsor Request Inquiry to check on the status of the request.

The Sponsor Request Inquiry will let a

submitted and the command has not replied, the Sailor is also given the message reader’s name and e-mail address.

The SAA is a tool to improve the quality and consistency of sponsor programs to ensure all Sailors experience a smooth transition from command to command, and improve quality of service for all involved.

All active-duty members can utilize the Sponsor Assignment Aid tool upon receipt of their orders. The Web-based tool provides a 24-hour-a-day Internet communications link between Sailors and the gaining command.

The SAA tool can be accessed by going to the Navy Personnel Web site, <www.npc.navy.mil> and clicking on the ‘Career Info’ tab, then ‘StayNAVY’, then ‘Career Tools’ and scroll down to the SAA link. There is a link for Sailors requesting a sponsor and one for commands to update their information.

The SAA tool is not only valuable to incoming Sailors, but also to gaining commands, as it helps promote communication between the two. Once a sponsor has been assigned, a command

will be able to better track its incoming personnel through the information provided.

“The Sponsor Assignment Aid is an extremely valuable tool for transferring Sailors,” said Formica. “However, its full benefit can not be realized unless there is 100 percent participation from every command. Each command must make sure that they establish, maintain and update their sponsor coordinator information as needed.”

Commands are urged to participate in the program by establishing and maintaining a sponsor coordinator point of contact within the SAA tool link. Since the beginning of the program, more than 1,000 command Unit Identification Codes have been added to the SAA tool database.

Commands needing to update their information should click on the Sponsor Coordinator Update link on the same page as the SAA and fill out the necessary data. The command sponsor coordinator point of contact information should include a name, phone number and the command’s e-mail address.

For related news, visit the Navy Personnel Command Navy NewsStand page at <www.news.navy.mil/local/npc>.

“There is nothing quite as intimidating to a young Sailor and their family than relocating across the country, and not knowing anyone or anything about the area,”

-Lt. Dominic Formica
StayNavy Program Manager

Sailor know if his e-mail was received and read by the gaining command. If it has been more than five working days, or seven calendar days, since the request was submitted and the command hasn’t read the message, the Sailor is given the contact information on file for the gaining command’s coordinator. If it has been more than 14 days since the request was

CNO, from Page 1

period of global change that marked the beginning of the war on terrorism. Clark implemented programs and transformed the Navy to help meet the challenge of those changes, effectively enhancing the fleet’s flexibility and creating a more responsive force.

“Today, the Navy is bringing incredible firepower around the world, every day, around the clock,” said Rumsfeld during his introductory remarks. “The programs that [Clark] has championed creates sustained striking power around world on short notice - including expeditionary strike groups, Sea Power 21, the SSGN and Fleet Response Plan.

“We’ve already benefited from these innovations,” continued Rumsfeld. “The Navy was on station in the Arabian Sea within hours of the attacks on Sept. 11. And today Sailors are on the front lines of our country’s defense, and they contribute to a wide range of efforts, including, if one thinks about it, to the rapid life-saving work of the tsunami relief in South Asia. Vern Clark will be remembered for his vision, his courage in fashioning and transforming a service steeped in over two centuries of tradition.”

During Clark’s final address as CNO, he expressed his pride to the numerous guests in attendance and recognized the Sailors he has served alongside during his career.

“I am so thankful for the doors that have opened to me in the past 37 years, and I am honored to count myself among the thousands of Sailors

who wake up each morning to try to make a difference, and make our Navy a better place,” Clark said. “There is no better feeling in the world.”

“I have come to believe that the sum of all we are, and all that we can ever be, is founded in our shared beliefs,” continued Clark. “They are the hallmarks of our Navy institution; in biased view, the greatest Navy in the history of the world - the Navy I dearly love.”

Clark also reassured his Sailors that they are in good hands, as he expressed confidence in Mullen’s ability to lead the fleet forward.

“I am being relieved today by an inspired leader in our profession,” said Clark. “He has excelled in command at every level in this Navy of ours, and he will serve our Navy and our nation well as the Chief of Naval operations.”

Mullen has commanded Cruiser Destroyer Group 2 and the USS George Washington (CVN 73) battle group. Mullen’s last command at sea was as Commander, U.S. 2nd Fleet/Commander, NATO Striking Fleet Atlantic.

His most recent operational assignment was Commander, Joint Force Command Naples/Commander, U.S. Naval Forces Europe, where he had operational responsibility for NATO missions in the Balkans, Iraq and the Mediterranean, as well as providing overall command, operational control and coordination of U.S. Naval forces in the European Command area of responsibility.

CARAT Malaysian phase concludes...



Above: A diver from USS Safeguard (ARS 50) holds up an American flag alongside a diver from the Royal Malaysian navy (RMN) holding up a Malaysian flag. The U.S. Navy teamed up with the RMN as part of the Malaysian phase of Cooperation Afloat Readiness and Training (CARAT) 2005, which ended July 18. Below: Sailors aboard Safeguard raise a sport utility vehicle (SUV) out of the water as part of the CARAT Malaysia exercise. Safeguard teamed up with divers from the RMN to salvage the purposely - sunken SUV during joint exercise drills. (U.S. Navy Photos by IT3 (SW/DV) Jason M. Tucker)



Harpers Ferry Sailors train like they fight

JO2(SW) Brian P. Biller
USS Harpers Ferry (LSD 49) Public Affairs

USS Harpers Ferry (LSD 49) completed its Amphibious Specialty Training (AST) July 10.

The ship passed the rigorous training, evaluation and certification with flying colors, thanks to the motivation and professionalism of the forward deployed amphibious dock landing ship's crew.

"We start with the well deck. We teach the deck crew to work with the different amphibious craft," said Naval Group 1 Amphibious Specialty Training (PHIBSPECTRA) Senior Observer, Master Chief Boatswain's Mate (SW/FMF) Timothy R. Beaman.

Harpers Ferry Sailors launched and recovered Landing Craft Utility (LCU), Landing Craft, Air Cushion (LCAC), Armored Amphibious Vehicles (AAV), Light Amphibious Resupply Cargo (LARC) five-ton vehicles and Combat Rubber Raiding Craft (CRRC).

Training outside of Sasebo harbor, the East China Sea and White Beach, Okinawa, Harpers Ferry, along with USS Essex (LHD 2), completed a myriad of exercises, working with elements of Beach Master Unit (BMU) 1, Assault Craft Unit (ACU) 1, Assault Craft Unit (ACU) 5, and the 31st Marine Expeditionary Unit (MEU).

"The weeklong evolution provides the ship with valuable training from senior, experienced training team

members, affording us the opportunity to improve our practices, incorporate new techniques and develop a solid baseline for future amphibious training and operations," said Harpers Ferry Boatswain, Chief Warrant Officer Jeffrey E. McElhannon. "Upon completion of the training, we received our well deck certification, and our amphibious warfare certification," McElhannon added.

Beaman said the men and women of the ship did a great job and that he and his team were received with open arms.

"I received very positive feedback from the AST evaluators. They were more than impressed with the skill level of our Sailors and pointed out how refreshing it was to conduct this training with such a professionally oriented and enthusiastic crew," said Harpers Ferry Commanding Officer, Cdr. Marlin C. Anthony. "On the heels of a recent Persian Gulf deployment, as well as the high operational tempo that is the norm for a forward deployed ship,



Armored Amphibious Vehicles (AAV) assigned to the 31st Marine Expeditionary Unit (MEU) make their approach to the well deck of the amphibious dock landing ship USS Harpers Ferry (LSD 49). Harpers Ferry is conducting Amphibious Specialty Training (AST) with a variety of amphibious craft to stay qualified for well deck operations. U.S. Navy photo by JO2 (SW) Brian P. Biller

Harpers Ferry Sailors are continuously ready to meet the mission, because we have to be," he added.

Harpers Ferry is part of the world's only Forward Deployed Amphibious Ready Group, operating out of Sasebo.

Task Force 76 Sailors expand Japanese palette

JOSN Adam R. Cole
Task Force 76 Public Affairs

Sailors from Task Force 76 completed a weeklong Area Orientation Brief/Intercultural Relations (AOB/ICR) class

Most of the attendees were from Task Force 76, including about ten members from USS Fort McHenry (LSD 43), Amphibious Squadron (PHIBRON) 11's new command master chief and service members from USS Patriot (MCM 7).



Task Force 76 Sailors take a field trip on the last day of Fleet Activities Sasebo's Area Orientation Brief/Intercultural Relations class (AOB/ICR) and visit a well-known Japanese shrine called Hachiman Shrine. Participants wash their hands before making a special wish at the shrine. Pictured (left-right) OSSR Samuel D. Gomez, QM2 Robert W. Dennison and HM3 Mike A. Currie with CFAS cultural facilitator Eriko Kawahara looking on. Task Force 76 is the Navy's only forward deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, with an operating detachment in Sasebo. (U.S. Navy Photo by JOSN Adam R. Cole)

July 15 in Sasebo.

All Task Force 76 Sailors and their spouses attend the AOB/ICR class, held three times a month, when they report to Sasebo as a way of adjusting to their new surroundings both on and off base easier.

"This was very professionally done and really gave me a good perspective of Japan, especially the history," said Command Master Chief (SW/AW) Rafael A. Douglas, PHIBRON 11's new command master chief.

The class is a function of Fleet and Family Support Center (FFSC) Sasebo and is facilitated by Mr. Charles A. Howard, FFSC work and family life consultant, along with an enthusiastic Japanese counterpart, Eriko Kawahara, FFSC intercultural relations training specialist, who handles the cultural aspect of the program.

"We want to make this transition as smooth as possible for service members, families and DoD civilians who relocate here," said Howard. "I think if you have someone who guides you through the process, step-by-step, and gives you some basic skills to interact within our host country; it makes it a lot easier to settle in."

During the first two days of class, base representatives from organizations such as Morale, Welfare and Recreation (MWR), the Navy Exchange and Branch Health Clinic, brief Sailors and their spouses on the services and programs they provide.

Commander, Fleet Activities Sasebo, Capt. Tilghman D. Payne, addressed the newcomers on the first day of class on the importance of learning about their new location.

"I want to ask for your help in ensuring that we treat our host country with respect and keep incidents down," said Payne, addressing Sailors and their spouses of the recently graduated class. "It's very important for us to have a positive relationship with the Japanese and it's up to you guys to achieve that."

On the culture side, class attendants learn useful everyday phrases like how to say 'thank you' and 'how much is it?'

in Japanese.

According to Michelle Bowen, FFSC victim services specialist, Cultural education is important, because it cuts down on the amount of culture shock new Sailors and their spouses feel when they relocate to Japan. According to culture shock theorist models, people usually experience an initial euphoric period, followed by a down period and then a gradual adjustment, said Bowen.

"We want to ease the adjustment process," said Bowen. "I think by making them aware of things and having an outlet for them to turn to for help, so the expected low period won't be as bad and can be worked through better," she added.

The indoctrination week ended with a tour of the base and points of interests in the surrounding Sasebo area. Sailors and their families visited popular local areas like Kashimae Pier, a popular hotel, a large department store near base housing, and the Hachiman Shrine.

Most found the visit to the local shrine an exciting experience and a chance to participate in a special Japanese custom. After a special purification ritual, a small donation and ringing a bell, Sailors and their spouses were able to make a lasting wish, perhaps wishing for a positive experience during their tour.

Task Force 76 is the Navy's only forward deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo.



Sign up now for the 9-Pin No Tap 'Ruler of The House' bowling tournament scheduled for Friday, Aug. 5 at the Spare Time Recreation Center. Cost is \$15 per bowler. You must be 18 years or older to participate. The 4-game tournament will get underway at 6:30 p.m. Your highest three games will be taken for your total score and the highest total pinfall determines the winner. Total number of participants determines prize money. For more information, call 252-3634.

Ever want to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can do it, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each year. You're in luck, because there are classes scheduled for Monday, Aug. 8, 15, 22 and 29. For more information, call 252-3500.

Bring your camera along for some spectacular photos of 99 Islands from high above the ocean during the 99 Islands Overlook Hike on Friday, Aug. 5. You and your family and friends are sure to enjoy this leisurely walk under the guidance of staff members from the Sailing & Outdoor Adventure Center. The hike is scheduled from 4:30 to 6:30 p.m. and costs \$5 per person. For more information, call 252-3500.

You still have time to sign-up for the Admiral Nimitz Golf Classic at the Tsukumo Golf Course on Saturday, Aug. 6. First group tees off at 7:30 a.m. The Golf Tournament is a two-person scramble. Sign up now at the Fleet Fitness Center to reserve a spot. Entry fee is \$5, plus green fees. For more information, call 252-3588.

A great way to enjoy fun in the sun for \$15 per person. The next waterskiing trip is scheduled for Saturday, Aug. 6 from 10 a.m. until 2 p.m. Let the good people at the

If you ever wanted to sail away into the sunset, but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The Sailing & Outdoor Adventure Center is offering two more basic sailing classes in August so you can enjoy this great outdoor sport safely and with confidence. The six hour classes are scheduled for Sunday, Aug. 7 and Friday, Aug. 19. Class times are from 10 a.m. until 4 p.m. Cost is \$35 per person. For more information, call 252-3500.

The Sailing & Outdoor Adventure Center has two more Mt. Fuji trips planned for this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. The weekend trips cost \$99 per person. The trips depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The last two scheduled Friday departure dates for 2005 are Aug. 12 and Aug. 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

The Armed Forces Entertainment Program and your Sasebo MWR Department presents country star Chris Gray at the Harbor View Club on Saturday, Aug. 13. The free show is scheduled to begin at 7 p.m. Gray performs everything from George Strait to Wilson Pickett, Alan Jackson, Maroon 5 and everything in between. For more information, call 252-3965.

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through Aug. 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Betcha didn't know: **Sasebo's celebrity entertainers**

During a visit to the Yonka cho shopping arcade with my son this past weekend, I noticed several photos mounted on display boards running through the middle of the arcade. The photos featured location scenes for the soon-to-be released movie 'Tsuru Baka Nisshi 16' (Crazy Fishing Diary 16), the newest comedy in the series about a hapless salaryman who loves to fish. Judging from the photos, it appears the construction of the new Saikai Bridge plays a major part in bringing the main character to Sasebo. The Saikai Pearl Sea Resort at Kashimae and the Log Kit burger shop, with its famous Sasebo Burger, also will be featured on the silver screen.

Now, I've already written about other movies that feature Sasebo ('Rodan the Flying Monster', 'Umi Yukaba' and '69' to name just a few), plus a story about some famous folks who have visited Sasebo at one time or another. This week I'd like to introduce you to a few more American entertainers who have spent time in the local area.

Most folks might recognize actor/singer Danny Kaye from his old movies shown on late night TV or on Turner Classics. In October 1945, Mr. Kaye was part of a USO tour that entertained the 5th Marine Division during the early days of the Occupation. I've seen two photos showing Mr. Kaye on stage in front of what appears to be hundreds of Marines. None of my World War II Marine pen pals, however, had the opportunity to see his show, so I don't know who else accompanied him on the tour.

Jumping ahead to the mid-90s, one of pop music's more controversial singers arrived on the local scene for a visit and I was there to witness it. While working at the Huis ten Bosch resort, I had the opportunity to see Michael Jackson and his entourage in person. In fact, I held the door open for him as he entered Hotel Europe. Before his departure, I wound up standing behind the Gloved One's left side in a group photo. He's shorter than I expected and a bit scary looking without his make up on. After leaving Huis ten Bosch, Michael made a brief stop at the E.J. King school gym to greet fans who waited hours to see him. I heard the visit lasted all of two or three minutes.

I also saw Janet Jackson when she performed an outdoor concert at Huis ten Bosch during March 1995 (or was it 1994?). I helped hold back excited fans as she departed Hotel Europe and entered the limo to take her to rehearsal. It was the first time I ever saw Japanese people go nuts and jump on top of a car with a celebrity inside. Janet's fans had no idea how close she came to not performing that concert. Actually, she did refuse to take the stage just a few hours before the concert was to begin due to the cold weather. Eventually, Janet agreed to "go on with the show" but skipped the encore performance. Who could have blamed her? Performing an outdoor concert in Sasebo during the cold March weather (it even snowed a little that day) is probably not on any entertainer's Top Ten list!

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CNFJ, Sasebo community welcome new fire chiefs

JOSN Jeff Johnstone
Catherine Malong
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) recently welcomed two new Fire Chiefs to Commander, Naval Forces Japan (CNFJ) Regional Fire Department. New Fire Chief William Stackhouse, and new Assistant Chief of Training, Frank Montone report to CNFJ with a wealth of firefighting experience, and a bit of optimism.

Stackhouse, reporting from Beale Air Force Base, Ca., has 26 years of experience, while Montone has been in firefighting for 15 years.

Both Stackhouse and Montone have plenty of noteworthy accomplishments under their belts, and look to generate similar results at their new department.

"We began a Cooperative Learning Center with Texas A&M University for fire training, as well as an EMT site program," said Montone, referring to previous departments. "We also set a record for zero write-ups in Unit Compliance and Operation Readiness Inspection."

"One crew of mine received an overall excellent rating from the Inspector General for operation Readiness Inspection," said Stackhouse.

Needless to say, the new chiefs have goals for CNFJ Fire Department.

"We want to make the training program here the benchmark. We plan on leading the way in training," said Montone.

CNFJ's Fire Department has already made a positive impression on their new chiefs. They have nothing but praise for their new firefighters.

"The firefighters here are great," said

Stackhouse. "They are enthusiastic and friendly, and are very capable as far as operations. They're also awesome softball players," joked Stackhouse.

Montone echoed the chief's

Wyo. native, being in Japan has posed a different challenge, in addition to his firefighting duties.

"The language barrier and being separated from my family has been a

it's done. The firefighters are more efficient and professional. I have nothing but good things to say about them."

For the chiefs, firefighting is a tough job, though not without some personal rewards.

"The personal satisfaction of being able to help someone during the worst time of their life is very rewarding to me," said Stackhouse.

"I enjoy the unknown challenges," said Montone. "There's something new and different every day. You never have the same day twice."

When they are not at work, Montone enjoys fantasy baseball and fishing.

"I'm an outdoorsman. I like fishing, hunting, scuba diving, and riding my Harley Davidson," said Stackhouse.

The new chiefs also have plans to go sight-seeing during their time in Japan.

"I'd like to go to Disney World, 99 Islands and see some professional Japanese wrestling and baseball," said Montone. "Every weekend (back home), our family did something different and we'd like to do the same here."

The chiefs are happy with their new home, and look forward to a successful tenure with CNFJ.

"I'm happy to be here," said Montone. "I'm also glad Will is here with me. We have a common bond having both worked on Air Force bases. The second I landed in Tokyo, everything has been nice. The culture shock hasn't been too drastic."

"The people have been great. Even a total stranger will bend over backwards to help you," said Stackhouse.



New Assistant Chief of training Frank Montone (left) and Fire Chief William Stackhouse pose in front of one of CNFJ's fire engines. With a combined 31 years experience between them, the new chiefs bring a wealth of experience and enthusiasm to CNFJ Fire Department (U.S. Navy Photo by JOSN Jeff Johnstone)

sentiments.

"The firefighters here are very professional and extremely helpful. They are very knowledgeable and very productive," said Montone.

With all looking promising on the work front, the new chiefs are getting used to their new home in Sasebo.

According to Stackhouse, a Cheyenne,

challenge. As far as firefighting, there have been a lot of changes over the years," said Stackhouse. "There are new specialized rescues, including water and dive, and maintaining qualifications such as hazardous materials (HAZMAT)."

"I haven't seen the things that were challenging stateside," said Montone, a Chicago native. "Here, you'd just ask and

Safety Corner: A heat stress warning

Charles Carr
CFAS Safety Department

The Safety Office cautions everyone on the many dangers that personnel face this particular time of year: heat, excessive alcohol consumption, drinking and driving and sports injuries to name a few. Safety offers these tips on "How to stay cool" and warning signs for recognizing, evaluating and controlling heat stress.

1. Drink cool water.

Anyone working in a hot environment should drink cool water in small amounts frequently — one cup every 20 minutes. Supervisors should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.

2. Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing, and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.

3. Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.

4. Work less, rest more.

Supervisors should assign a lighter

workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods with longer rest periods in a cooler area, and schedule heavy work for cooler parts of the day.

5. Ask how workers are feeling.

Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable.

6. Know the signs and take prompt action. Employees and employers should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness, flushed face, hot, dry skin or has stopped sweating.

7. Reduce work for anyone at risk.

Supervisors should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.

Sailors rise to Mt. Fuji challenge



PH3 (AW) Yesenia Rosas poses with a Fuji stick during a recent trek up Mt. Fuji. The sticks are intended to boost morale for the climbers as they attempt to scale the mountain
Below: Climbers rest on an embankment as they attempt to ascend Mt. Fuji. MWR gives Sailors the opportunity to climb Japan's highest mountain throughout the year. (U.S. Navy Photos by PN2 (SW) Matthew Hertz and PH3 (AW) Yesenia Rosas)





Fleet Gym 252-3588

Hario Gym 252-8691

Game of the week: Tru Stories close book on Warriors, 47-21

JOSN Jeff Johnstone
CFAS Public Affairs

The Tru Stories met the Warriors Tuesday, July 26 at the Fleet Gym, with both teams putting on an entertaining ballgame. Even if they didn't intend to. The Tru Stories showed us a little of everything: intense defense, consistent shooting and even an occasional hang-off-the-rim jam from Damian Maynard. The Warriors showed us a competitive

spirit, as they refused to quit, no matter how far they fell behind. The game was a tight race in the opening minutes, with each team exchanging baskets. With 15:50 remaining in the first half, the Warriors were hanging in there with the Stories, down only 10 - 6. The Stories would pick up the tempo, and the Warriors six points in the opening minutes would be almost a third of their final point tally.

With the game still reasonably competitive (19 - 10) at the 7:45 mark, the Stories would outscore the Warriors 9 - 6 heading to the two minute mark of the first half. With a 28-16 lead, this would actually prove to be the final stretch of this game. The Stories would continue to steadily build offensive momentum in the second half, outscoring their Warrior opponents 14 - 3 with over 12 minutes remaining. With a commanding 42 - 19 advantage,

the Stories defense 'Truly' showed up to play, stifling the Warriors scoring game. The officials whistled the game dead due to the mercy rule with over nine minutes to play. The Tru Stories topped the Warriors 47-21. Leading the Stories assault was Juwan Moss with 16 points, Damian Maynard with ten points, while Trini Holder and Eldeen Morgan chipped into the carnage with seven points apiece.



(left to right): Tru Stories' Damian Maynard jams one home during first half action; The Warriors' Borishnakov Chambers releases a free throw; Maynard completes a fast break with a layup. (U.S. Navy Photos by JOSN Jeff Johnstone)



Splash N' Dash participants 'exercise' fitness, athleticism...



AO1 Jeff P. Gates with Explosive Ordnance Disposal Mobile Unit Five Detachment 51 runs across the finish line at Fleet Activities Sasebo's Splash 'N' Dash event held July 17. The event featured a 500 meter swim and 4k run. (U.S. Navy photo by JOSN Adam R. Cole)

Fitness Tip: Recovery important, though often neglected

Alec Culpepper
MWR Fitness and Aquatics Director

Ease Up: If you stop seeing positive gains or your legs feel sluggish or especially sore, you're overdoing it. Don't wait for aches or pains to take a recovery day. Take at least one rest day per week and additional days as needed. Make your rest days count for more than just a day off by doing something you enjoy that you don't have time for while training.

Refuel: If you don't eat within 15 - 30 minutes after

every run or workout, you risk delaying your recovery for up to 24 hours, which leads to diminished performance. **Baby Your Body:** When you are not training you should be doing whatever you can to recover. People who only rest show a decline in performance compared to those who had cold-water soaks or massages. Ice baths and sports massages improve circulation and flush out waste products, reducing inflammation and soreness. A weekly sports massage is ideal.

Upcoming Sports Events

What: Admiral Nimitz Golf Tournament
When: Saturday, Aug. 6, 2005
Where: Tsukumo Golf Course
Format: Two Person Scramble
FMI: 252-3588

What: Prediction 5k
When: Friday, Aug. 12 at 5:30 p.m.
Where: Nimitz Park

What: August Splash-n-Dash
When: Sunday, Aug. 21 at 8:30 a.m.
Where: Main Base Pool

What: Guard Start (Jr. Lifeguard)
When: Aug. 15-19
Where: Main Base Pool & Hario Pool
Registration: Aug. 1-10
Fee: \$20
FMI: 252-3712/3588

Basketball Standings

Rank	Team	Won	Loss
1	Tru Stories	1	0
2	Young Guns	3	0
3	Showtime	2	0
4	Force	1	1
5	ACU-1	1	2
6	Warriors	1	3
7	Seabees 74	0	2
8	Fearless	0	1

